



08

Voice  
of youth



19

Tag  
and Try



29

Prepared for  
Christmas

# the new wham mag

issue 355 // 2 – 15 December 2016 // Every fortnight



**Cooking up  
a treat for  
youngsters**

Chef's recipe  
for success (p14)

Look out for the next issue from **16 December 2016.**

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# News

## Challenge over funding for schools

**Newham Council is spearheading a call on behalf of 24 local authorities across the country who have expressed “grave concerns” over the impact the Government’s proposed school funding formula could have on the life chances of their residents.**

Mayor Sir Robin Wales, alongside the leaders and mayors of 23 other councils, has signed a letter to Prime Minister Theresa May over plans to introduce a new formula from 2018/19. Together, the councils represent 1.4 million schoolchildren.

The Government’s proposed formula follows years of private lobbying by the f40 group of local authorities, who represent largely affluent shire counties. According to Newham and the 23 other authorities, the f40 solution, if adopted “would see children in England’s 30 most deprived local authority areas face a net loss of £245m per year, while the 30 least deprived areas gain £218m”. Under the plan, schools in the 24 areas would lose £429m and Newham alone at least £30m.

Newham and the others are calling on Theresa May to adopt the principle that no school in a deprived area should be worse off as a result of the formula. “This principle is fundamental to making the formula fair, and is vital if we are to tackle injustice in modern Britain,” they state.

The letter adds: “Of course every area needs appropriate funding, but the answer is not to redirect resources away

from England’s poorest communities. The Government should instead ‘level up’ by making new resources available for currently underfunded areas.”

**Under the plan, schools in the 24 areas would lose £429m and Newham alone at least £30m.**

Councils that have signed the letter alongside Newham are Bradford, Birmingham City, Coventry City, Kirklees,

Liverpool City, Barking and Dagenham, Camden, Enfield, Greenwich, Hackney, Hammersmith and Fulham, Haringey, Hounslow, Islington, Lambeth, Lewisham, Southwark, Tower Hamlets, Waltham Forest, Luton, Manchester City, Nottingham City and Rotherham.

The letter concludes: “We are aware that the leaders of the f40 group have had the privilege to meet ministers and senior officials to discuss this issue. Other local authorities affected by these proposals would appreciate a similar opportunity in the near future. We look forward to receiving your response.”



The formula must be fair to all schools such as Kensington primary

**No school in a deprived area should be worse off**

# News

## Give the gift of toys

Residents and businesses are being urged to support a toy appeal to ensure disadvantaged children across Newham do not miss out this Christmas.

Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, made the plea after making a donation to the Community Links and Newham Recorder appeal on behalf of Newham Council's Community Neighbourhood Teams.

Councillor Clark said: "We believe that every Newham child matters. Community Links supports some of the most vulnerable people in our borough, spreading some much-needed cheer to each child by giving them some new toys at Christmas. I encourage everyone to donate whatever they can."

Newham Council is supporting the appeal, now in its 39th year, by making community centres and libraries available for residents and businesses to drop-off donations of gifts.

For more information on the appeal and a full list of the drop-off points visit [www.community-links.org](http://www.community-links.org)



Cllr Clark and Paula Blake from Community Links



Mr Bromley-Derry, right, and Mr Barber

## Freedom of the City conferred

Mayor Sir Robin Wales has offered formal congratulations on behalf of residents to Newham Council Chief Executive Kim Bromley-Derry who has been conferred with the Honorary Freedom of the City of London.

Honorary Freedom is the highest honour the City of London's Court of Common Council can bestow. It recognises individuals who have made a significant impact in their field.

The Chief Executive was accompanied at the ceremony in the Chamberlain's Court Room of the Guildhall by the Deputy Lieutenant for Newham John Barber, The Queen's representative in the borough.

Mr Bromley-Derry joins a host of famous recipients of the award, including Winston Churchill, Nelson Mandela, Dame Judi Dench and Mary Berry. He said: "It is an honour to have been nominated for all the pioneering work that Newham does to transform people's lives for the better."

# Call to support annual Christmas appeal



## ...in brief

### Fitness is a lark in the park

Newham councillors helped local residents cut the ribbon that officially opened new fitness equipment in Star Lane Park, Canning Town.

The outdoor multi-gym was installed by Newham Council

and leisure provider activeNewham to help residents young and old improve their physical health. Although the equipment is aimed at those who live in the area, GPs can also refer patients to use it.

Councillor Clive Furness, mayoral adviser for adults and health, who helped launch the facilities, said: "Some of the best parks in the country are right here on our doorstep. Working with activeNewham, we want people to get outdoors, get active, get social and have fun."

"Star Lane Park now has some ideal facilities if you want to pick up some new sporting skills or use the outdoor gym as part of your fitness regime."



Cllr Furness, councillors and residents cut the ribbon

### Stadium parking controls

Event day parking restrictions will be in place around the London Stadium in Stratford when West Ham United play there.

On those days controlled parking hours in Stratford Central, Stratford North West, Stratford South West, Stratford South East and West Ham residential parking zones are extended and apply from 8am to 9pm. Only permit holders can park in them.

Event days are: 14 December (Burnley), 17 December (Hull City), 2 January (Manchester United) and 14 January (Crystal Palace).

### Enjoy festive tea dance

Residents keen to stay fit during the festive season can take part in a Christmas party tea dance being held at the Old Town Hall in Stratford.

It will be held on Monday 12 December from 1.30 to 4.30pm. Entrance is £3 for residents (make sure you bring proof of address) and £5 for non-residents.

There are separate dance lessons available on other dates, free of charge, from 12.30 to 1.30pm. Make sure you book before arriving.

For further information and to book dance lessons email **CN.Stratfordwestham@newham.gov.uk**. You can also call **020 3373 0826**.

### Free parking boosts Christmas shop

Newham Council is helping to take some of the stress out of the Christmas shop by offering residents four days of free parking. For the fourth year running, parking will be free in six council-run car parks on the two Fridays and Mondays before Christmas Day.

Parking charges will be suspended on Friday 9, Monday 12, Friday 16 and Monday 19 December at the car parks in St John's Road East and West, both East Ham, Madge Gill Way, East Ham, Shaftesbury Road, Upton Park, Queens Market, Upton Park, and the Old Town Hall Stratford.

### Survey on childcare

Parents and carers with children aged 14 and under are invited by Newham Council to take part in a survey asking how they are using childcare services. You can also request information about free childcare and help with childcare costs.

Everyone that completes the survey will be entered into a prize draw to be in with a chance of winning £100 worth of shopping vouchers. Fill in the survey at **www.newham.gov.uk/childcaresurvey** by 5pm on Friday 13 January.

# Free parking to take the stress out of Christmas

# Mayor's view



## Banging the drum for Newham

In Newham we lead the way on so many things that are making us a stronger, fairer and resilient borough. That's why it's good to be able to show others exactly what we do.

In 2012 we introduced Schools Minister Nick Gibb to our pioneering Every Child a Musician programme that is allowing thousands of children to learn a musical instrument for free. We showed him that music has the power to transform lives as well as increasing confidence and attainment in young people.

*"There are a lot of influential big hitters waking up to the work that we do on behalf of residents."*

The Minister said then that he welcomed our enthusiasm for music, so I cannot believe it was pure coincidence when last month he announced a four-year Government investment into music education to get more young people involved. We certainly banged the drum loud enough. It looks like we made ourselves heard.

It's not just the Every Child a Musician programme that has its plaudits. Our employment service Workplace, which has helped 32,000 residents into work,

and our clamp down on criminal landlords through private rented sector housing licensing, has them too.

Last month Tom Watson, deputy leader of the Labour Party, visited Workplace in Stratford, where he met representatives from both Westfield Stratford City and LendLease, the developer responsible for International Quarter London on the edge of Queen Elizabeth Olympic Park. He also met residents who were taking part in interview training as potential job candidates. He went to The Gate Community Centre in Forest Gate to see some of the fun activities offered by our Community Neighbourhood Teams.

And former housing minister Caroline Flint accompanied our private rented sector licensing team as they swooped on a house of horrors in Manor Park. In March this year we issued a prohibition order on the landlord after finding a young family with children living in squalid conditions. The order meant the landlord, who is being prosecuted, was banned from re-letting it to anyone else until a renovation was complete. Last week we found a young man living in the exact same squalor.

There are a lot of influential big hitters waking up to the work that we do on behalf of residents. It's no wonder that we have been nominated for a Council of the Year award as I told you in the previous edition.



Top to bottom: Nick Gibb at Ravenscroft School, Canning Town, in 2012; The house of horrors; Tom Watson at The Gate



# Mayor about town



We all made the pledge

## We can help end violence

I joined hundreds of other Newham residents at the Town Hall in East Ham to make a public pledge in support of the United Nations International Day for the Elimination of Violence Against Women.

We are now in the middle of 16 days of action against gender violence and I'm urging others to support the campaign using social media.

It's very simple to do. Just hold a handwritten pledge that says: "I will never commit, condone, or stay silent about violence against women." Post it on Twitter, Facebook or Instagram using the hashtags #16Days and #Newham so that we can share it with a wider audience. You can also nominate other people to take part.

In Newham we have a zero tolerance approach to any domestic or sexual violence. Victims must feel safe enough to come forward and seek help. They should not have to suffer in silence. Our homes should be places of safety and comfort, not places of torment.

If you or anyone you know is experiencing domestic or sexual abuse then I urge you to call the Newham One Stop Shop on 0845 451 2547.

## Supporting vital charity work

I am proud of the way our diverse community comes together to work towards a common goal when it matters most. That is what encouraged big-hearted fundraisers amongst Newham's Muslim community and others to raise more than £40,000 for cancer charities during a dinner event in East Ham organised by the Indian Muslim Federation.

Half of the money is being sent abroad to pay for cancer treatment and another £10,000 has been donated to cancer research. I was delighted to be asked by the Federation to present a cheque for the remainder to Macmillan Cancer Support. Members of the Federation, councillors and East Ham MP Stephen Timms joined me at the Town Hall in East Ham to do so.

I know that cancer is a real scourge on modern society and it affects us all in some way. That is why we must all work together to support those who suffer with it and the charities who are doing such vital work for them, their families and their carers.



Dinner raised vital funds



# YOUNG MAYOR KHADI

**Newham Council is one of a handful of local authorities that runs a Young Mayor scheme, offering our young people the opportunity to get involved in issues that affect them and to be able to shape local policies. After weeks of campaigning Khadija Sethi, 15, has just been elected the borough's tenth Young Mayor.**

"I thank everyone who voted for me and those who supported me throughout my campaigning," said Khadija after her victory was announced at the Old Town Hall in Stratford. "I'm looking forward to working with the people who will form the Youth Council over the next 12 months and will be helping me to achieve the promises I made in my manifesto."

**"I'm looking forward to being able to offer young people more activities that bring them together."**

Among her pledges are making sure that every young person in Newham has the opportunity to get meaningful work experience. Another area she wants to be involved with is mental health and especially the stress that pupils experience around examinations. She is also keen to work in areas of obesity and drugs misuse.

Khadija, a student at Langdon Academy in East Ham, said: "I'm looking forward to being able to offer young people more activities that bring them together and working with businesses

so they can provide more opportunities for work experience.

"Mental health is also a challenge, drugs can be a problem and obesity is one of the world's leading killers. I want to be able to offer young people advice on all of those things. I want them to know there is always someone that will be able to support them, such as teachers. I want there to be more advice clinics that they can go to get some help."

Khadija was encouraged by her friends to run for Young Mayor. She said: "I was on the bus with my friend Thomas and he said I'd make a good Young Mayor. He encouraged me to go for it. I asked my friends and they said the same. That is what inspired me to get involved."

"My father is also always encouraging me to be successful in life. He gives me lots of advice and help. I don't think he will believe it when I tell him that I'm the Young Mayor of Newham."

In the race to become the Young Mayor, a total of 13,787 votes were cast for 24 candidates at polling stations in schools and colleges, representing a turnout of 76 per cent, an increase of three per cent from last year.

Khadija will be in office for a year and will have a budget of £25,000 to spend on priorities identified by young people. She received 1,901 votes, the

highest number ever for a Young Mayor candidate.

Mayor Sir Robin Wales said: "This has been our tenth Young Mayor election and I'm excited to see what Khadija has in store. All of this year's candidates have been outstanding and I thank them for their commitment during the campaign period. It has been great to see them promoting democracy and encouraging other young people across the borough to play an active role in an election."

**"All of this year's candidates have been outstanding and I thank them for their commitment during the campaign period."**

"I thank the schools and colleges that have been involved and the part teachers have played in helping to promote the voices of young people and encouraging them to engage in the democratic process. I also thank the young people who voted. Without them, Newham's Young Mayor election wouldn't be the success it always is. I hope this is just the start of their political journey."





# JA HAS THE X FACTOR



Entertainment on result night included Newham's Every Child a Musician programme, magician Stephanie Magic, (T)hat Juggler Ian Marchant and dancers What Is Written



The Mayor and Young Mayor

If you want to know more about the work of the Young Mayor and the Youth Council visit [www.newham.gov.uk/youngmayor](http://www.newham.gov.uk/youngmayor)





# Taking a stand to end

Newham residents are being urged to pledge to stand up to violence against women as part of an international campaign backed by the United Nations.

The UN's 16 Days of Action aims to raise awareness of the issue, and runs between International Day for Elimination of Violence Against Women, 25 November, and Human Rights Day, 10 December.

As part of the campaign, people are being called on to pledge their support for tackling domestic violence by posting pictures of themselves on social media with the message 'I will never commit, condone or stay silent about violence against women'.

You can post your pledge on Twitter,

Facebook or Instagram using the hashtags #16Days and #Newham, nominating others to take part.

Mayor Sir Robin Wales joined speakers at a special event on 25 November at Newham Town Hall in East Ham where all the attendees made a mass pledge and urged residents to join in.

More than 400 people attended the event to raise awareness of the services available to support victims. Sir Robin addressed the audience along with Councillor Lakmini Shah, Cabinet

member for domestic violence, East Ham MP Stephen Timms, Newham Borough Superintendent Sean Yates and Heather Harvey of the Nia Project, which delivers services to end violence against women and girls.

There were also a range of performances from groups who have helped people regain their confidence after suffering domestic violence. Information was available from local support agencies including Victim Support and the Newham One Stop Shop.





# violence against women

In Newham, three out of four victims of domestic violence and nine out of ten victims of sexual violence are female. Between April 2014 and June 2016 more than 3,500 people contacted the Newham One Stop Shop, which provides confidential help and advice 24 hours a day, 365 days a year to anyone experiencing domestic or sexual violence.

Sir Robin said: "There is absolutely no way domestic or sexual violence against anyone, male or female, can be condoned. It is a callous crime often carried out by someone known and trusted by the victim.

"We commission a wide range of services across the borough which are doing a fantastic job in supporting these victims. Initiatives like the 16 Days campaign are a great way of raising

their profile but also for every resident to pledge their support to victims of domestic violence."

Cllr Shah said: "I am delighted once again Newham is playing its part in raising awareness of these issues which have a major effect on victims for the rest of their lives. We have zero tolerance to any forms of domestic or sexual violence.

**"There is absolutely no way domestic or sexual violence against anyone, male or female, can be condoned."**

"I am urging every resident to follow our lead and make a pledge to show anyone suffering domestic violence that we will

support them and will not let the abuse continue. It is only by standing together united that we can put a stop to all forms of domestic and sexual violence."

A candlelight vigil will also be held at Newham Town Hall, East Ham, on Friday 9 December, between 5.30pm and 6.30pm. Last year, more than 100 people took part, showing their solidarity with women who have been victims of domestic violence.

Anyone suffering from domestic or sexual violence can contact the Newham One Stop Shop on 0845 451 2547. Information on specialist services available to support victims is available at [www.newham.gov.uk/dsv](http://www.newham.gov.uk/dsv)



## We need your views...

The Royal Borough is proposing to introduce Licensing of all Houses in Multiple Occupation

### The Royal Borough of Greenwich has a higher number of privately rented homes than the national average.

Although many landlords operate responsibly, we're concerned about those who rent out Houses in Multiple Occupation (HMOs) in unacceptable conditions.

Poorly managed HMOs have damaging repercussions on local neighbourhoods - that's why we're considering a new scheme to license all HMOs. We want to improve the quality and management of accommodation and drive up standards.

The scheme would cover approximately 7,000 HMOs. Landlords would require a licence in order to let their HMO.

To give us your views and get more information about the proposed scheme, go online to:

[www.royalgreenwich.gov.uk/hmolicensingconsultation](http://www.royalgreenwich.gov.uk/hmolicensingconsultation)

- Alternatively, you can give us your comments by letter to: **Private Rented Sector Housing Enforcement Team, Directorate of Community Services, Royal Borough of Greenwich, The Woolwich Centre, 35 Wellington Street, London SE18 6HQ**
- by email: [hmo-licensing@royalgreenwich.gov.uk](mailto:hmo-licensing@royalgreenwich.gov.uk)

*Any comments you give us will be held electronically and held in strictest confidence.*

If you do not have internet access at home, free Wi-Fi and computers are available in any public library in the Royal Borough of Greenwich.

**Your responses are crucial in helping us reach a decision.**

**Please let us know your views no later than 24 February 2017**

[www.royalgreenwich.gov.uk/haveyoursay](http://www.royalgreenwich.gov.uk/haveyoursay)



London City Airport  
Get closer.

## Sound Insulation Scheme

The airport offers eligible properties located within in its noise contours the opportunity to have works undertaken as part of its Sound Insulation Scheme

No application for the Sound Insulation Scheme is necessary. If your property is eligible for either the first or second tier scheme you will receive a letter detailing your eligibility and what works are available to you. These letters will be sent in the next few weeks.



To find out more about the Sound Insulation Scheme and what is included within the First Tier and Second Tier Schemes please visit [www.lcacc.org/noise](http://www.lcacc.org/noise).

For those already treated under the Sound Insulation Scheme the airport provides a 10 year check-up, for further information please visit [www.lcacc.org/noise](http://www.lcacc.org/noise).

If you require any further information about the Sound Insulation Scheme please contact the schemes administrator on 0203 203 2397 or alternatively email us at [environment@londoncityairport.com](mailto:environment@londoncityairport.com).



## Christmas Afternoon Tea Party

**Tuesday 13 December, 12noon-2pm**  
**Maple Court, 16 Angelica Drive, Beckton, E6 6NX**

Older residents are invited to celebrate the festive season with Christmas Afternoon Tea at Maple Court.

Meet other people, enter the free raffle and find out what activities and events are taking place near you.

To book your place or for more information:

email: [Leila.lawal@newham.gov.uk](mailto:Leila.lawal@newham.gov.uk) or

[Mary.Laniyan@east-thames.co.uk](mailto:Mary.Laniyan@east-thames.co.uk)

call: 020 3373 7514 / 07773 641 259





# Make your money work at Christmas

With all the spending associated with Christmas, December and January may seem like long and tough months financially. If you want some support about being smart with your cash or are thinking about borrowing to help spread the cost, then Newham MoneyWorks offers an ethical and affordable alternative to high cost credit providers.

In Newham you don't have to rely on payday loans if you need small sums of money to help with everyday purchases. Although payday loans can be easy to get, interest rates tend to be high. They may solve your short term money problems, but unaffordable repayment terms could leave you in financial difficulty in the long term.

Regardless of your employment status, whether you're in need of emergency cash or struggling with the everyday cost of living, Newham MoneyWorks offers a range of products to suit your financial circumstances.

You must be aged 18 and over and have lived in Newham for at least two years to be eligible for products that include:

## MoneyWorks Instant

- Available in store only
- Up to £300 repayable over a maximum of three months
- Employed residents only
- Same day decision

## MoneyWorks Standard

- Alternative to unmanageable repayments
- Up to £1,500 repayable over two years
- For expensive one-off purchases

## MoneyWorks Flexi

- Facility for up to two years
- Dip in and out as cash emergencies arise
- Up to £1,000 with affordable repayment terms
- Quick approval

**Newham MoneyWorks is open Monday to Friday, 9am to 5pm, at Unit 61-62 Stratford Shopping Centre, E15 1XF. If you are in severe need but think you don't meet the criteria, still get in contact with us.**

**Call** 020 8430 2041

**Email** [moneyworks@newham.gov.uk](mailto:moneyworks@newham.gov.uk)

**Visit** [www.newhammoneyworks.co.uk](http://www.newhammoneyworks.co.uk)

## London Community Credit Union

26.8% APR representative. Newham MoneyWorks is a service provided by the London Borough of Newham. Newham MoneyWorks acts as a credit broker and not as a lender. All loans are subject to status and are provided by London Community Credit Union Limited, which is authorised and regulated by the Financial Conduct Authority. Services provided by MoneyWorks are not regulated by the Financial Conduct Authority.

 **NEWHAM MONEY WORKS**  
Securing you a better deal





# Schooled in fine dining

**School meals offer great value for money as well as being tasty, healthy and nutritious. Every primary school child in Newham is entitled to a free school meal and school chefs like Peter Wright are as capable as any you would find in a large restaurant.**

To prove that point, Peter, as part of National Schools Meals Week, spent a day with star chef Alyn Williams at his highly successful Michelin star Mayfair restaurant The Westbury. Williams, who trained under Gordon Ramsay, was born in East Ham and is an avid West Ham United fan.

"It was the best day of work I have

ever had," said Peter, who works at Rokeby School in Canning Town on behalf of Newham Catering and Cleansing Services (NCCS).

"The biggest thing I noticed was how relaxed it was in the kitchen. The other thing is that Alyn just cooks what is ordered, maybe 30 lunches, whereas we have to estimate the numbers and we

cater for 360 pupils."

Peter picked up tips about cooking lobster and scallops to name just a few, while enjoying the chance to practise under Alyn's watchful eye. He said: "Alyn was surprised by what we do. He didn't appreciate that we make our meals from scratch. For example, if we have to make a sauce, we do it from scratch. That was





Peter Wright

## > WORKING LIVES

food, Peter's first experience of work was in a cash and carry, followed by a pet shop and a fashion jewellery stall. His culinary journey began at a small pub in a village in North Wales where he would dish up burgers and chips for hungry pub-goers.

Before long he had graduated to more up market meals and was preparing pies, trout and a wide variety of meals that had customers coming back for more. The brewery which owned the pub helped Peter gain training and qualifications in food preparation.

**"Alyn was surprised by what we do. He didn't appreciate that we make our meals from scratch."**

When he decided to return to Newham to be closer to his family, it was a natural move to find a job in a school kitchen. One of his two sisters, both school cooks, suggested he apply for work in the borough. Peter was taken on as a kitchen assistant at Cumberland secondary in Plaistow and Ravenscroft primary in Canning Town, both schools at which he was a former pupil.

Said Peter: "My mum was a cook at school because with nine of us she wanted a job that could fit in with us and our holidays. I am glad to be keeping the tradition in the family."

**Newham Catering and Cleansing Services (NCCS) have a Soil Association Food for Life Bronze school catering mark, which shows that the food on our menus is freshly prepared, free from additives and better for animal welfare. If you want to know why you should choose a school lunch for your child, visit [www.newham.gov.uk/schoolmeals](http://www.newham.gov.uk/schoolmeals)**

a pleasant surprise to him and he said he would like to come and spend a day in our school kitchen."

As one of nine siblings with a mother who was a school cook, Peter has been closely associated with the preparation of food for a very long time. His earliest memories of school dinners involve lots of chips, toad in the hole, rice pudding

and spotted dick.

Since then school meals have undergone a massive change in line with the growing focus on health. In the seven years he has been at Rokeby School in Barking Road, he has seen a huge increase in the amount of vegetables they use.

Before he tried his hand at preparing

# Fostering

Want a career that fits in with family life?  
Enjoy looking after children?  
Have a spare room?

With a weekly  
allowance of up to £450  
per child, fostering  
could be the answer.

**0800 0130 393**

[www.newham.gov.uk/fostering](http://www.newham.gov.uk/fostering)





# Changing lives is an award winner

**Newham Council believes all residents should have support tailored to their needs to help them find and keep jobs.**

The Supported Employment Team is part of the council's successful employment service scheme Workplace. It was set up two years ago, with support from the council's adult services department, to offer specialist advice to residents with disabilities.

In its first full year the team supported 64 people into work – more than double its annual target. Last month it won a Team of the Year accolade from the British Association for Supported Employment. The award recognises those who champion the work aspirations of people with disabilities and employees with disabilities who have made outstanding progress in their employment.

The team also works with employers to enable them to be more confident in employing disabled people and to identify and create roles.

One of the projects the team has been involved with is Project Search, a partnership between the council, Barts Health NHS Trust and Newham College that gives young people with learning difficulties the chance to learn new skills and develop their confidence to help get

them into work.

In the first year of the scheme, 11 people took part with seven offered jobs at Newham University Hospital at the end of programme with two further people gaining roles outside the hospital.

Councillor Clive Furness, mayoral adviser for adults and health, said: "The results that the supported employment team has achieved have far exceeded our expectations. I am delighted that the team's work to help change people's lives has been recognised with this award.

"The team is just part of our approach to helping disabled people find sustainable employment and live as independently as possible. All of this work is having hugely positive results but we will not be resting on our laurels as there is still more we can do."

**If you want to find out more about the supported employment team visit [www.newham.gov.uk/supportedemployment](http://www.newham.gov.uk/supportedemployment)**



**Above: Cllr Furness and supported employment team manager Anna-Renée Paisley receive the award from Alex Stevenson, chief operating officer of sponsor G4S Employment Support Services. Below: The Project Search graduates.**



## Rented property licensing proposals - have your say

Whether you are a private tenant or landlord, a local resident or business, Newham Council wants your views on proposals to bring in a new licensing scheme for landlords of privately rented properties after the current scheme expires.

The proposals aim to tackle anti-social behaviour and poor management of properties owned by landlords who do not operate in a professional way and fail to comply with the law.

It also aims to improve living standards for our residents.

For full proposal details and to respond to our questionnaire, please visit

[www.newham.gov.uk/licensingconsultation](http://www.newham.gov.uk/licensingconsultation)

The consultation closes on **Monday 23 January 2017**. All responses must be received by this date.



## You can recycle all these items in Newham



**Keep Newham Clean**  
[www.newham.gov.uk/recycling](http://www.newham.gov.uk/recycling)



# Young tagged along to rugby for free

Newham Council invested a £40 million repayable loan to become part-owners of the London Stadium in Queen Elizabeth Olympic Park so that residents young and old have chances to enjoy activities for free.

The Rugby League Four Nations match between England and Australia last month was one such occasion. Thanks to Mayor Sir Robin Wales, 100 tickets were given to Newham residents to attend the match as part of the Mayor's Free Ticket giveaway.

Prior to the game 120 pupils from ten Newham primary schools plus five other schools, took part in a tag rugby festival on the community pitch next to the main stadium.

The festival was run by the London Rugby League Foundation and sponsored by the Sky Try programme. Young people from Britannia Village, Curwen, St Stephen's, St Edward's, Sandringham, St Luke's, St James, Sheringham, St Antony's and New City schools, also did a lap of the main pitch in the stadium and then stayed to watch the game.

It was the second rugby league international played in the stadium and Australia beat England by 36 points to 18 watched by a

crowd of more than 35,000 people.

Mayor Sir Robin Wales said: "There will be further opportunities for residents to see events in the stadium for free as part of Newham Council's commitment to ensure local people, especially young people, have regular access to elite sport and top class entertainment. That is what we promised would be a legacy from the 2012 Games."

If you would like us to contact you when tickets to events become available, you need to fill in our online registration form by visiting [www.newham.gov.uk/mayorsfreegiveaway](http://www.newham.gov.uk/mayorsfreegiveaway)

We will ask you your name, address, email and date of birth. Applicants must be aged 18 or over. We will also ask what type of events you are interested in going to. You must be a current resident of Newham and terms and conditions will apply.





# Are you ready for winter?

It is important to look after yourself, especially during the winter. Cold weather can be bad for your health, but there are lots of things that we can do to look after ourselves, according to NHS Newham Clinical Commissioning Group (CCG).



**STAYWELL  
THISWINTER**



## Act quickly

If you start to feel unwell – even if it is just a cough or cold – don't wait until it gets worse, you can get help from your pharmacist.

If you need help over the holiday period when your GP surgery or pharmacy is closed, call NHS **111** or visit **www.nhs.uk** who can direct you to a local service that is open.

## Tips for staying well

- > Pick up prescription medications before the Christmas holidays start. Many GPs and pharmacies close over the holidays.
- > Don't put off getting your free flu vaccination. If you're eligible, get it now.
- > Make sure you speak to your pharmacist about medicines you should have in stock to help get you and your family through the winter season. They can give you treatment options for coughs and colds as well as minor injuries, along with advice on giving up smoking or getting the flu jab.
- > Make sure you're receiving all the help to heat your home that you are entitled to. Find out more at **nhs.uk/staywell**

Local GP and chair of Newham CCG, Dr Prakash Chandra, said: "Keeping fit and healthy can help you fight off common winter bugs, while talking to a pharmacist for advice and keeping an eye on friends and neighbours can really make a difference.

"A well-stocked medicine cabinet and first aid kit to deal with minor illnesses or injuries is also important."

## Staying warm during winter

Keeping warm can help prevent colds, flu or more serious health conditions such as heart attacks, strokes, pneumonia and depression.

- > Make sure you are receiving any benefits you are entitled to such as the Warm Home Discount, the Cold Weather Payment and the Winter Fuel Payment.
- > Draw your curtains at dusk and keep your doors closed to block out draughts

- > Have regular hot drinks and eat at least one hot meal a day if possible to keep your energy levels up.

- > Wear several light layers of warm clothes (rather than one chunky layer).
- > Keep as active in your home as possible.
- > Wrap up warm and wear shoes with a good grip if you need to go outside on cold days.
- > Keep your bedroom at 18°C (65°F) and main living room at 21°C (70°F).
- > Heat the living room during the day and the bedroom just before you go to sleep if you can't heat all the rooms you use.

## Preparing your home

You can also make sure your home is ready for winter by:

- > Insulating your hot water cylinder and pipes.
- > Make sure your loft has at least 10-11 inches (270mm) of insulation. If you have wall cavities, make sure that they are insulated too.
- > Service your boiler to make sure it's safe and working properly. Always use a Gas Safe Registered engineer.
- > Check that electric fires are properly guarded.

**For more information about preparing your home for winter visit [www.newham.gov.uk/winter](http://www.newham.gov.uk/winter)**

### Free heating improvements

**National Energy Action (NEA) are providing free heating improvements to residents at risk of illness due to cold weather. To find out if you are eligible email [elizabeth.ogunleye@newham.gov.uk](mailto:elizabeth.ogunleye@newham.gov.uk) or call 020 3373 1430. Limited offer, restrictions apply.**



Newham in pictures





**1** Bubbles, bubbles everywhere. A young resident gets into the spirit at the opening of the Forest Gate Children's Centre in Forest Lane Park, E7. **2** Newham youngsters enjoyed schools tag rugby league at Queen Elizabeth Olympic Park, E20, as part of Schools Rugby Festival. **3** Fancy footwork. Budding footballers at Forest Gate School in Forest Lane, E7, show off some moves watched by West Ham United players. **4** Exercise the easy way. Residents take part in chair-based exercise in Ruscoe Road, Canning Town, E16, as part of Older People's Day. **5** Getting the picture. Just one of the residents who attended Newham Centre for Mental Health in East Ham, E6, for World Mental Health Day.



# Dumping rubbish is a crime!

You could be fined or imprisoned.



**Keep Newham Clean**  
[www.newham.gov.uk/flytipping](http://www.newham.gov.uk/flytipping)



## They don't get away with it

Tackling fly-tipping, littering and anti-social behaviour is a priority for Newham Council and we work hard to ensure that our streets are clean and safe.

Fly-tipping has a negative effect on our quality of life and it is no longer enough to just remove the mess once it has been reported to us.

We will not hesitate to prosecute those responsible for dirtying our borough and are taking strong action against them. If you are fly-tipping, we will catch you.

We don't need to catch you in the act to enforce the £400 penalty. Our fly-tip enforcement officers investigate dumped rubbish to identify the owner.

Part of our New Deal for residents is action against those who engage in anti-social behaviour. In the most recent round of appearances at court, ten people were prosecuted and convicted of urinating, spitting and littering. They were each fined from £180 to £260.

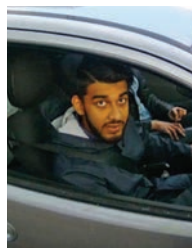
The photographs on this page show people we want to question about anti-social behaviour offences. If you recognise anyone, please call **020 3373 4479** and quote the reference number beside the image.

To the people pictured here, our message is simple – we will use every power at our disposal to track you down and prosecute, including publishing a photograph of you if we need to establish your identity. Contact us now and maybe you will be able to avoid prosecution.

### Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- you will not be required to provide your name
- you will not be required to leave your contact details
- you will not have to make a statement.



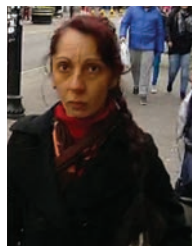
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**Ref: 90032869**



**Ref: 90035395**



**Ref: 90035555**



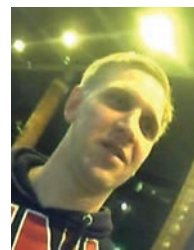
**Ref: 90040128**



**Ref: 90051574**



**Ref: 90051578**



**Ref: 90054675**



**Don't put up with rubbish. Don't drop it and if you see it, report it. To get it cleared up, report it online at [www.newham.gov.uk/MyNewham](http://www.newham.gov.uk/MyNewham) or download the Love Newham app by visiting [www.newham.gov.uk/lovenewham](http://www.newham.gov.uk/lovenewham)**

**Call 020 3373 4479 and quote the reference number underneath the image.**

# CAUGHT ON CAMERA





funded by  
**Newham London**

**workplace**  
Creating a better future

## Looking for employment or training opportunities?

Workplace offers free advice and support to Newham residents seeking employment, training and work experience opportunities.

Workplace has helped fill more than 30,000 jobs with Newham residents since 2007.

Speak to our engagement team for the latest opportunities.

**020 3373 1101**

**[www.newhamworkplace.co.uk](http://www.newhamworkplace.co.uk)**

**[Workplace.EngagementTeam@newham.gov.uk](mailto:Workplace.EngagementTeam@newham.gov.uk)**

**Workplace, Boardman House, 64 Broadway, Stratford E15 1NT**

Mayor of  
Newham

funded by  
**Newham London**

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**Unit 61-62, Stratford Centre, E15 1XF**



Mayor of  
Newham



# Come and see A Christmas Carol for free

**Charles Dickens' A Christmas Carol is performed in theatres across the country at this time of the year. Now, young and old can enjoy the tale of the miserable Scrooge who changes his ways after a series of ghostly visits in libraries across Newham.**

Beginning with the first performance on 14 December, Newham Council's Community Neighbourhood Teams, working in conjunction with the Open Book Theatre Company, will be bringing the classic tale to life.

The central character is miser Ebenezer Scrooge who on Christmas Eve is visited by three spirits, the Ghosts of Christmas Past, Christmas Present and Christmas Yet to Come, showing him the impact of his behaviour on the people around him. Such is their effect that at the end of the tale he is transformed into a happy, generous man who changes his ways. A team of four performers and musicians have created an original script telling the story in an innovative but faithful way.

Councillor Ken Clark, Cabinet member

for building communities, public affairs, planning and regeneration, said: "Our Community Neighbourhood Teams and hubs are the focus of our communities and are the ideal venues to bring people together. What better location to stage A Christmas Carol than the libraries that are home to a wealth of characters and stories.

"I hope everyone, regardless of age, will take the opportunity to enjoy this timeless Christmas classic."

## Where you can see A Christmas Carol

.....  
Weds 14 Dec, 6.30pm, Beckton, E6  
Weds 21 Dec, 11am, Green Street, E13  
Weds 21 Dec, 3pm, East Ham, E6  
Weds 21 Dec, 6.30pm, Canning Town, E16  
Thurs 22 Dec, 11am, North Woolwich, E16

Thurs 22 Dec, 3pm, The Gate, E7  
Thurs 22 Dec, 6.30pm, Custom House, E16  
Fri 23 Dec, 11am, Plaistow, E13  
Fri 23 Dec, 3pm, Stratford, E15  
Fri 23 Dec, 6.30pm, Manor Park, E12

The production is best suited for children aged five and over. All children must be accompanied by an adult. Contact individual libraries to book a place. Entrance is free.

**For details about other events happening where you live, download the What's On in Newham app by visiting [www.newham.gov.uk/communityevents](http://www.newham.gov.uk/communityevents)**

London Borough of Newham

**COMMUNITY  
NEIGHBOURHOODS**



## HOW CAN WE HELP YOU?

Universal Harvest is a charity organisation aimed at helping people regain & retain stability in life through the relief of poverty and providing life essential skills.



We support people who are in conditions of need by reason of sickness, age or economic circumstances, by the provision of non-perishable and in-date food.

We provide bags of food to registered charities & community groups in various boroughs, who then pass them on to individuals.

**Contact your local charity now to find out whether they have registered with us.**

VISIT

[WWW.UNIVERSALHARVEST.ORG](http://WWW.UNIVERSALHARVEST.ORG)  
FOR MORE INFORMATION

Newham London

## Warm and Healthy Homes Fund



**Free heating improvements for residents at risk of illness due to cold weather.**

For more info:

Email: [elizabeth.ogunleye@newham.gov.uk](mailto:elizabeth.ogunleye@newham.gov.uk)

Call: 020 3373 1430

Limited offer, restrictions apply.



**NHS**  
Newham  
Clinical Commissioning Group



Margaret Underwood, 76,  
cancer survivor



# 1 in 3 women who get breast cancer are over 70, so don't assume you're past it.

A lump isn't the only sign of breast cancer. If you notice any changes to your breasts, tell your doctor straight away. Finding it early makes it more treatable and could save your life.

**BE CLEAR  
ON CANCER**

[nhs.uk/breastcancer70](http://nhs.uk/breastcancer70)



**BIKEABILITY  
ACCREDITED  
SCHEME**

**Care in Mind**

## FREE CYCLE LESSONS

Some of the areas you will cover under each level:

- Level 1:** Carry out simple bike check, control the bike with one hand and look all around you when you're riding.
- Level 2:** Start and finish a journey by road, identify and react to hazards in the road.
- Level 3:** Make a trip to work or elsewhere on any roads, use complex junctions such as roundabouts.

### Days and Times

- Monday:**  
Level 1 & 2, 11.30am
- Wednesday:**  
Level 1 & 2, 10.00am
- Friday:**  
Level 3, 10.00am

**Call: 020 7055 0808**

**COME AND LEARN HOW TO  
CYCLE SAFELY – DON'T BECOME  
ANOTHER STATISTIC.**



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on 07890 529 090 or email  
[julie.madell@newham.gov.uk](mailto:julie.madell@newham.gov.uk)





# Time to spread Christmas cheer

**With Christmas on its way Newham Council has begun distributing hampers full of everyday essentials and treats to 3,000 of our older residents to help them enjoy the festive season.**

The hampers are packed full of both necessities and goodies for people aged 70 or over and who live alone or may be on low incomes. Every hamper includes tea, coffee, jams, biscuits, soup and tinned vegetables.

The initiative, now in its third year, is led by Newham Council's eight Community Neighbourhood teams who bring residents together throughout the year with different activities and events.

This year's hampers have been funded by Aspers Good Causes Fund, Berkeley Foundation, Serco, Tesco, LendLease and activeNewham which has provided vouchers for residents to use at its leisure centres in the borough.

In addition, many of our eligible residents will get the chance to enjoy a Christmas lunch at the Old Town Hall in Stratford on Monday 5 December. Others will be able to attend a number of special tea parties with festive refreshments at many of our libraries or other venues across the borough.

Mrs Irene Allen, 75, from Stratford, was among the first to receive a hamper from Mayor Sir Robin Wales and Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning.

Irene said: "The Mayor and the council are doing a lot of good things with older people in Newham like the Christmas hampers. I have seen a lot of change in

my 75 years and I know that the council is trying to solve a lot of problems in Newham."

Sir Robin said: "Christmas is the season for goodwill, giving and sharing. That is why I am pleased that for the third year running we are able to provide hampers for those of our residents who need them the most."

Councillor Clark added: "Our Community Neighbourhood teams do an amazing job supporting our residents throughout the year but they all know how important it is to ensure that people are not feeling left out at Christmas."

Cllr Clark also thanked sponsors and volunteers for making it possible.



## KELVIN RUBS SHOULDERS WITH HOLLYWOOD STARS

Not many 13-year-olds can say they have interviewed three of the world's top actors in one afternoon but that is exactly what one St Bonaventure's Year 9 student did recently.

Kelvin Paul, was at the premiere of the Marvel film epic, Doctor Strange, at Westminster Abbey and scooped interviews with actor of the moment Benedict Cumberbatch along with Rachael McAdam and Tilda Swinton.

He managed the exclusive chats with the stars as part of his involvement with the 'Into Film' programme organised by the school in Boleyn Road, Forest Gate.

Kelvin said: "I had so much fun and all the actors were really lovely with me and put me at ease which really helped settle my nerves. They didn't seem to mind I was only 13. They were really professional and answered all my questions and didn't patronise me which was wonderful."



## Pupils get top tennis tips from Paralympic medallist

Pupils from several primary schools met Paralympic medallist Andy Laphorne who gave them a brief tennis lesson.

The children from Vicarage, Southern Road, Carpenters and Grange primary schools met the Paralympian during a Disability Tennis Festival at Lee Valley Hockey and Tennis Centre in Queen Elizabeth Olympic Park.

Andy shared some winning tennis tips with the schoolchildren aged between seven and 11.

He also told them a bit about his successes at the Paralympics this summer, proudly showing off his Rio 2016 silver and bronze medals.

Lyn Cooke, Special Education Needs Co-ordinator from Vicarage Primary School, in East Ham, said: "The children were delighted to meet Paralympian Andy, particularly because they had a chance to play tennis with a real athlete. It also gave them a chance to play tennis with their friends."

The event was aimed at offering young people with a variety of intellectual and physical impairments, such as autism and deafness, a chance to play the popular sport at the legacy venue that was purpose built for the London 2012 Paralympic Games.





## Help charity give families festive treat

A charity is hoping to raise £12,000 to make Christmas a magical one for Newham families unable to afford a seasonal treat.

Stratford Circus Arts Centre is hoping to repeat its success from last year when hundreds of disadvantaged families enjoyed a hot meal and a ticket to a family show for £1.

The venue, in Theatre Square, Stratford, is relaunching its Full Hearts Full Tummies for Christmas and will be working with children's centres, food banks and local charities to ensure they reach those most in need.

Families will share a festive lunch before watching a performance of arctic adventure Breaking the Ice, Stratford Circus Arts Centre's Christmas show.

Monique Deletant Bell, venue director, said: "This year we're looking to raise £12,000 to work with disadvantaged families in the area. Your support will make some fantastic childhood memories, introduce children to the arts for the first time, fuel imaginations and fill little tummies."

Contact [mia@stratford-circus.com](mailto:mia@stratford-circus.com) if you can help.



With astronaut Tim Peake are, back row, L-R, : Anastasia Boreham (assistant head teacher), Seynab Mahdi, Lorraine Cooper (deputy head teacher). Front row, from left to right: Ivayla Pavlova, Mathew Alex, Nabil Hassan

## LUCKY YOUNGSTERS MEET ASTRONAUT TIM PEAKE

Four lucky children from Maryland Primary School met astronaut Tim Peake in a once-in-a-lifetime experience during a schools science conference.

At the Principia Schools Conference, the UK Space Agency and its education partners celebrated the best imaginative work by schools linked to Tim Peake's Principia mission that was done by children of all ages. The Stratford school was the only one from Newham to be selected to attend the conference.

The children presented their work to other schools, scientists and space industry representatives at the conference held in Portsmouth. The highlight of their day was meeting the astronaut who has spent six months working on board the International Space Station.

The European Space Agency, ESA, gave the school a grant to build its wE-PUBLISH website ([www.marylandwepublish.org](http://www.marylandwepublish.org)), a stand-alone website devised to showcase its children's writing. To launch the website in January 2016, the then Year 5 pupils wrote their own books in several chapters, using the premise of being chosen to be the first child to go on a space mission.

## Window Wanderland is a success

West Ham residents took up the challenge of creating their own Window Wanderland with a variety of colourful displays that lit up their homes.

Thirty seven homes signed up to create Window Wanderland and agreed to decorate their windows for others to enjoy.

They used coloured paper, lights, fabric and even a projected display to fill the area with cheerful windows that neighbours admired during an after dark walk. The free event was made possible with a Let's Get The Party Started grant from Newham Council.

Sam Bailey, local resident and organiser, said: "My wife and I organised Window Wanderland West Ham after seeing how the event worked in Bristol. We thought that people in our area would also enjoy the chance to create something beautiful for others to appreciate."





# Kids' Corner



PLEASE SEND OR EMAIL YOUR DRAWINGS, JOKES AND POEMS TO:  
KIDS' CORNER, WEST WING  
4TH FLOOR, NEWHAM DOCKSIDE  
1000 DOCKSIDE ROAD, LONDON E16 2QU  
or [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

Don't forget to add your full name, age, address and contact number with your entry. We cannot return any entries.

## GALLERY



Rajdeep Singh, 7



Beena Zaheer, 9



Hishaam Ahmad, 8



Mathuli Arnika Easwaran, 11



## Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** or **newham.mag@newham.gov.uk**. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit **www.picturehouses.co.uk** to see what's on.



## Poem

### The Future

The future is a mystery,  
to everyone in the universe.  
The past was a history,  
to only you, not even a nurse.

You're not under a spell,  
I broke the curse.  
But then I fell,  
now it's even more worse.

The potion fell off my hand,  
the curse won't uplift.  
This isn't very grand,  
help me up to move and shift.

by Wasima Begum, 9

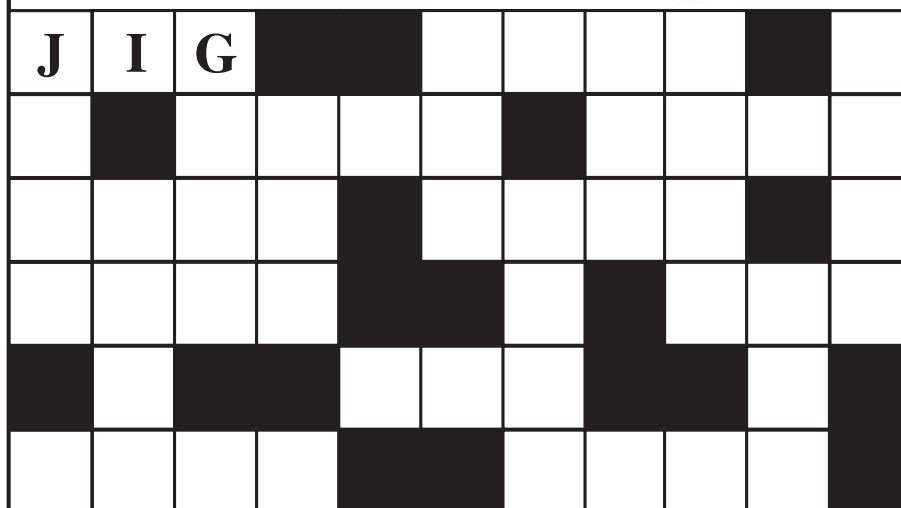
## Colour-me-in Wordfit

### 3 letters

ANY  
ITS  
JET  
JOY  
MOW  
TAP

### 4 letters

AIDE  
EAST  
GASP  
JAZZ  
JUMP  
OINK  
ONYX  
PINT  
SKIP  
STAR  
TOWN  
X-RAY  
ZAPS  
ZEST





# WHAT'S ON?

Download our What's On app at [www.newham.gov.uk/neighbourhoodevents](http://www.newham.gov.uk/neighbourhoodevents)

## OUR THRILLING THREE...

1

**Christmas Lights Switch On** – Procession leaves Green Street Library at 4.15pm to go to St Stephens' Parade for the switch on. Saturday, 10 December, 5-6pm, Green Street Library, Green Street, E13

2

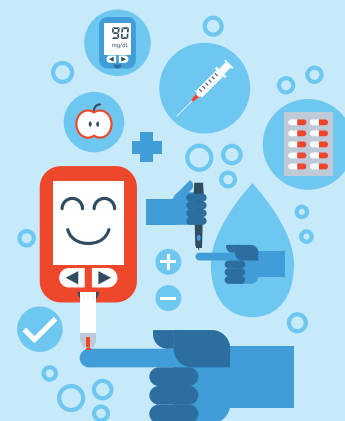
**Tae Kwando Club** – Free club for children and young people. Contact [khanqublackbelt@yahoo.co.uk](mailto:khanqublackbelt@yahoo.co.uk) or call 07984 684805 for more information. Friday, 6.45-7.45pm, Green Street Library, 337-341 Green Street, E13

3

**The Chill Spot** – Free exciting youth initiative for 11-19 year olds to bridge the gap of afterschool provision. Activities include table tennis, discussions, creative workshops and many more. On Mondays and Wednesdays, 3-6pm, Stratford Library, The Grove, Stratford, E15

## GET INVOLVED – YOUNG ADULTS WITH DIABETES

Meet, chat and interact with like-minded people over refreshments and activities. Contact East Ham Library, 020 7363 8569 or email [Desiree.Campbell-Richards@bartshealth.nhs.uk](mailto:Desiree.Campbell-Richards@bartshealth.nhs.uk) for more information. Friday, 9 December, 5.30-7.30pm, East Ham Library, 328 Barking Road, E6. Free for 16-25 years old.



## TRY SOMETHING NEW... ACTIVE MINDS CHRISTMAS PARTY

Come and enjoy free refreshments and celebrations to support positive mental health and wellbeing. Third Thursday of the month, 12-2pm, Stratford Library, The Grove, Stratford, E15.



### Indicates free sessions

*Libraries unless stated.*

#### UNDER-FIVES

#### **Toy Library**

Introducing toddlers to borrowing toys. *Thurs, 11-12pm, Beckton*

#### **Storytelling**

*Mon, 11-11.45am, Tues, 10.30-11.30am, Beckton; Tues, 10.45-11.30am, Canning Town; Tues, 10.30-11.30am; Thurs, 10-10.30am, East Ham; Tues, 11am-12pm, Fri, 11am-12pm, Stratford; Fri, 10.30-11.30am, Manor Park; Mon, 10.30-11.15am, Custom House; Tues, 10.30-11.30am, The Gate; Sat, 11.30-12.30pm, Green Street*

#### **Stay and Play**

Support for parents and carers to develop their child through play. *Tues, 9.30-11.30am, Jeyes C.C.; Thurs, 1.30-3.30pm, Jack Cornwell C.C.; Weds, 10am-12pm, Sat, 11am-1pm,*


*Stratford; Every second and fourth Fri, 1.30-2.30pm, Sat, 12-1pm, Green St*


**Jiggaree Session**   
*Fri, 10-11am, Jeyes C.C.*

**Reading Together**   
*Thurs, 2.30-3pm, Custom House*

**Bumps and Babies**   
*Fri, 2-4pm, The Gate*

**Active Tots**   
Games and activities. *Thurs, 1-2pm, Stratford*

**Baby Club**   
For parents and carers of babies under 18 months. *Mon, 9.30-11.30am, Stratford*

**Story Time**   
Fun activities linked to popular children's stories. *Tues, 10.30-11.30am, East Ham*

**Baby Massage**   
Five-week course. Register at Rebecca Cheetham Children's Centre on 020 8534 3136 *Weds, 1-2pm, Stratford*



### Toddler and Parent Dance

For carers and children under six to dance to cartoons and videos. Mon, 2.10-3pm, Fri, 3.30-4.20pm, Green St

### Music and Movement

For children and parents or carers to get active using different types of dance and instruments. Mon, 1.30-2.30pm, Stratford

### Sensory Storytelling

Second and Fourth Fri of month, 1-2pm, Green St

## YOUNG PEOPLE

### Games Club (7-16yrs)

Sony PS3, Xbox360, Nintendo Wii, board games and more. Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town

### Young Readers Club (7-12yrs)

Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich

### East Ham Youth Zone

Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

### Froud Young Project

(7-16yrs) Mon, 3.30-5.30pm, Jack Cornwell C.C

### Arts and Craft Workshop

(6-12yrs) Mon, 4-5pm, Beckton; Sat 2-3pm, Canning Town; Sat, 2.3pm, Custom House; Sat, 1-2pm, Tues, 4-5pm, Green St; Thurs, 6-7.30pm, Manor Park; Sat, 2-3pm, North Woolwich; Tues, 3.30-5pm, Plaistow

### Just Dance! (up to 12yrs)

Sat, 5.30-6.30pm, Green St

### Family Fun Night

Arts, crafts, games and quizzes. Weds, 5.30-7.30pm, East Ham

### East Ham IT Youth Zone

Support in using IT for homework and fun. Mon, 4-7pm, East Ham

### Family Movie Club

Sat, 4-5.30pm, Mon, 4-5.30pm, Green St (up to 12yrs); Sat, 2-4pm, Plaistow; Sat, 2-4pm, Jeyes C.C; Sat, 5.30-7.30pm, East Ham

### Board Games Club (7-13yrs)

Sat, 11am-12pm, North Woolwich; Fri, 5.30pm-6.30pm, Beckton

### Young People's Positive Activities (9-19yrs)

Weds, Fri, 7-9pm, Harold Road Centre

### Time-2-Craft (16yrs+)

Various handicrafts. Sat, 10am-12pm, Stratford

### Homework Club

Fri, 4-5.30pm, Beckton; Fri, 4-6pm, Canning Town; Fri, 4-5pm, East Ham; Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Sat 1-3pm, Stratford; Sat, 10.30am-12.30pm, The Gate; Sat, 2-3pm, Green St; Mon, 3.30-5pm, Plaistow

### Film Club (16yrs+)

Thurs, 1-3.30pm, North Woolwich; final Friday of month, 6-9pm, Stratford

### Children's Movie Club

(5yrs+) Thurs, 4-7pm, North Woolwich; Sat, 4-6pm, Manor Park; Tues, Sat, 4.30-6.30pm, Beckton; Fri, 4-6pm, The Gate

### East Ham Performing Arts

Fri, 6.30-7.30pm, East Ham

### Crafty Challenges

Fri, 5.30-6.15pm, East Ham

### Table Tennis Mondays

Meet new people and try your hand at table tennis. Mon, 4-7.30pm (children), The Gate

### Lego Club

Create Lego models based on weekly themes, Sat, 3-4pm, The Gate.

### Wii games and karaoke

For entire family, 3-13yrs, with parents. Weds, 3.30-5pm (Wii games)

### Family Bingo

First and third Thurs of the month, 6-7.30pm. 20p entry per person. Green St.

### Science Club

Carry out interactive experiments, watch demos and record results. Thurs, 4-5pm, The Gate

### Gymnastics Classes

From November for boys and girls at Talent Central Cheer and

Dance, Unit 27A, Gallions Reach Shopping Centre, E6. Tues and Thurs, Age 3+, 9.45-10.45am, 2pm-3pm; Weds, home school, 9.45-10.45am; Fri, mothers and babies, 10-10.45am. Call 0742 815 4301 to book.

### Family Fun Night

Fun for whole family with arts and crafts to games. Weds, 5.30-7.30pm, East Ham

## ACTIVITIES AND SUPPORT

### Afternoon Tea

Weds, 4-5.30pm, Canning Town

### Chess Club

Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Weds, 5.30-7.30pm, Green St; Thurs, 5.30-7.30pm, Stratford; Tues, 5.30-7.30pm, The Gate; Thurs, 5-7pm, Custom House; Weds, 3.30-5pm, Jeyes C.C.; Weds, 5-7pm, Canning Town (age 7+)

### Coffee Mornings

Tues, 11.30-1pm, Beckton; Mon, 11am-12.30pm, North Woolwich; Thurs, 10.45-12pm, Canning Town; Tues, 11-12.30pm, Custom House; 2nd Tues of month, 10.30am-12pm, Manor Park; Weds, 21 Dec, 10am-12pm, East Ham; Fri, 11am-12pm, Green St

### Do It Online (18yrs+)

Computer classes. Weds, 2-3.30pm, Beckton; Tues, 10am-12noon, East Ham; Weds, 2-4pm, Stratford; Tues, 2-3.30pm, North Woolwich; Thurs, 1.15-2.15pm, Custom House; Tues, Thurs, 11am-1pm, Green St; Weds, 10am-12pm, Plaistow

### Knit & Natter (16yrs+)

Fri, 10.45am-12pm. Canning Town; Weds, 10.30am-12pm, Beckton; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, East Ham; Weds, 10.30am-12.30pm, Green St; Fri, 10am-12pm, Plaistow

**ICT Surgery** IT advice for all ages. Fri, 2-4pm, Canning Town

### ICT Drop-in Session

Set up a My Newham profile and create an email account. Fri, 11-1pm, The Gate; Mon, Weds, Sat, 9.30-11am, Stratford

### Deafroots Deaf Club

Quizzes and refreshments. New members £2, existing members £1. Contact angel@deafroots.org.uk or text 07985 242778. Mon, 1.30-3.30pm, Stratford

### Life in the UK Classes

Support for people taking the life in the UK test and B1. Call 0208 542 3904. Tues, 10am-12pm, Beckton; Weds, 12.30-2.30pm, Jeyes C.C; Fri, 12.30-2.30pm, Green St; Weds, 10am-12pm, East Ham; Tues, 12-2pm, Stratford; Weds, 12.30-2.30pm, Plaistow

### ESOL for Beginners

For adults seeking to improve their English. Mon, Fri, 9.30am-12pm, Field C.C; Tues, 9.30-11.30am, Weds, 9.30-11.30am, Jack Cornwell C.C

### Ballroom Dancing

(18yrs+) Tues, 2-3pm, Beckton C.C; Thurs, 2.30-4pm, Field C.C

### Citizens Advice Sessions

Sessions on money management. 1st Mon of month, 11am-1pm, Manor Park

### Basic Computer Skills

Fri, 10.30am-12.30pm, Manor Park

### My Newham Workshop

Register with My Newham and access council services.

Tues, 6-7.30pm, Manor Park; Mon, 11.30am-12.30pm, Fri, 10.30am-12.30pm, Green St

### English Conversation Club

Practise spoken English. Tues, 10.30-11.30am, Beckton; Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm. Rabbits Rd Institute; Sat, 10am-12pm, Stratford; Mon, 10-11am, Jeyes C.C; Mon, 10-11am, Plaistow

## Stratford London

**Toastmasters** Public speaking club. First and third Mon of month, 6-8pm, Stratford

**Docklands Drop-In Group** Weds, 1-3pm, Beckton C.C.

**Model Train Workshop** Mon, 12.30-3.30pm, North Woolwich

**Basic English for Beginners** Mon, Weds and Thurs, 10.30-11.30am, Green St

**Poetry Group (16+)** Weds, Sat 11am-1pm, Stratford. Email sonsequin@hotmail.com

**Workplace Drop-Ins** For residents seeking employment. Weds, 14 Dec, 2-4pm, Stratford. For more info email: rehana.b@newham.gov.uk. Thurs, 15 Dec, 1-4pm, (fortnightly), Green Street; Mon, 12 Dec, 2-5pm (fortnightly) Canning Town; Tues, 6 Dec 2-4pm (fortnightly) The Gate; Weds, 14 Dec, 3-5pm, (fortnightly)

**Creative Writing Course (16yrs+)** Register at 020 8257 4680. Fee applies. Thurs, 6.30-7.30pm, Canning Town

**International Lunch Club** £3 per meal. Mon, 12pm, Beckton C.C

**Dominoes** Sat, 2.30-7pm, Beckton

**Singing for the Brain** For people with dementia. 12.30-2.30pm, second and fourth Tues of month, Stratford

**Memory Lane Café** For people with dementia and their carers. 1.30-3.30pm, first Fri of month, Stratford; Last Thurs of month, 1-3pm, East Ham; Third Weds of month, 12-3pm, Jack Cornwell C. C.

**Family Support Drop-In** Fri, 1-2.30pm, Stratford

**National Careers Service** Advice on careers and qualifications. Call 07415 241941. First and third Thurs of month, Stratford

**Knitting Course (16yrs+)** Register at 020 8257 4680. Fee applies. Mon, 12-2pm, Stratford

**Embroidery Group** Create a community embroidered hanging. Thurs, 10.30am-12.30pm, Manor Park

**Hatha Yoga (18yrs+)** Bring your own mat. £3. Fri, 10.45am-12.15pm, Jack Cornwell C.C

**Table Tennis Mondays** Mon, 11am-4pm, The Gate

**Board Games for Adults (18+)** Carrom Board, chess and other board games for adults. Fri, 11am-12pm, Green St.

**Triple P Positive Parenting Programme** For parents of children aged 18 months to 12 years-old. Advance booking needed. Call 020 3373 7478 for more info. Weds, 5.30-7.30pm, East Ham

**Time for Technology** Fri, 2-3.30pm, The Gate

**The Gate Reading Group** Last Mon of the month. Contact library for this month's book.

**Writers Group** Last Thurs of the month, 5.30-7.30pm, The Gate

**Creative Writing Course (18+)** Bring your own writing for review and feedback. Thurs, 8 Dec, 6.30pm-8pm, (fortnightly) Beckton Globe

**Reed Employment Advisor** In partnership with Reed for Interview skills, CV help from a specialist employment and education advisor. Contact 07813454261 to book appointment or email asim.khan@reed.co.uk Green St

**Step Forward with Casa Lusa** Advice, information, guidance and 1-2-1 support, training and employment, health and wellbeing. Mon – Weds, 10am- 2pm at Durning Hall, Forest Gate. Email: casalusa.london@gmail.com or call 07497945681

**Hamper Party** Aspecial party with festive refreshments. Meet neighbours, local councillors and community staff. Tues, 13 Dec, 12pm-3pm, Stratford

**Christmas Coffee Morning** Join us for some festive fun, with special festive treats. Weds, 21 Dec, 11am-1pm, East Ham

**Creative Poetry Christmas Celebration** Live music and highlights from 2016's and information about how to start writing poetry. Sun, 11 Dec, 2-4pm, Stratford.

## COMMUNITY ACTIVITIES

**Mums2be Meetup** Information and support for expectant parents. Third Sat of every month, 10-11am. Email newham@nct.org.uk

**Mums, Bumps and Babies** Fri in various cafes around Newham. Visit [www.netmums.com](http://www.netmums.com) or email [jojostevie@live.com](mailto:jojostevie@live.com)

**Newham Super Choir** Tues, 10.30am-12pm, Beckton C.C

**ManorFam** Brings families together to make friends. Mon, 10.30am-12.30pm, Manor Park

**Singing for Health** Tues, 2pm, Jack Cornwell C. C

## BOXING AND SELF DEFENCE

**Boxing (Newham College)** Mon, 5-6pm, East Ham College, High St South, E6

**Fight For Peace Boxing** Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

**Boxing and Self Defence** Tues, 5-6pm (16+), 4-5pm (6-11yrs), Jack Cornwell C.C  
**West Ham Boys ABC** Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs),

10-11am, girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13. Call 020 8472 3614

**Martial Arts (7-12yrs)** £2. Tues, 6.45-7.45pm, Thurs 4.45-5.45pm, Beckton

**Martial Arts** Learn new skills, self defence. Adults, £3. Thurs, 6-7pm, Beckton Globe; Sat, 2-4pm, Beckton C.C.

## HEALTH AND FITNESS

**Salsa Dancing (18yrs+)** Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C

**Nordic Walking** Weds, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs.

**Tai Chi Class** Fri, 10-11am, Beckton C.C. Fri, 11am-12pm, The Gate. Fri, 5-6pm, Beckton Globe; Fri, 11am-12pm, Forest Gate; Thurs, 6-7pm, East Ham

**Yoga** £5. Thurs, 6.30-7.30am, Grassroots; Free. Mon, 6-7.30pm, Beckton; £1. Weds, 6-7.30pm, East Ham; Thurs, 6.15-7.45pm, The Gate; £1. Sat, 10am-12pm, Plaistow; Mon, Tues, 6-7.30pm, Green Street; Thurs, 6.15-7.45pm, The Gate

**Tone-Tastic (18+yrs)** Mon, 2-3pm, Weds, 9.30-10.30am, Field C.C

**Aerobics** Tues, 9.30-10.30am, Jack Cornwell C.C £2

**Keep Fit to Salsa (18+)** Sat, 2.30-5pm, The Gate

**Walking Group** Meet at the library. Sat, 10am-11am, Plaistow

**Stroke Club (18+)** For men and women living with the effects of stroke. Weds, 2-5pm, Katherine Road C.C; Fri, 1.30-3.30pm, Jack Cornwell C.C.



## Relaxation & Yoga

Weds, 1.30pm-2.45pm, Well Community Centre, Vicarage Lane, East Ham.

## Zumba classes

London Tamil Sangam Centre, 369 High St North. Thurs, 7-8pm, £5 per class. Call 07720 805505

## 50+ ACTIVITIES



## Bingo (50+yrs)

Mon, 1-2pm, Beckton C.C.; Mon, 12-4pm, Jeyes C.C.; Thurs, 7-9pm, Jack Cornwell C.C.

## ICCAN

Faith based group with cultural activities. Fri, 12-2pm, Jeyes C.C.

## Active Centre 50+ Group

Weds, 12-4pm, Field C.C.; Mon, Weds, Fri, 1.30-4pm, Beckton C.C.

## Dominoes Group

Fri, 6-10pm, Field C.C.

## Chair Based Yoga

Tues, 12.30-1.30pm, Manor Park

## Forever Young

Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Field C.C.

## Happy Living Club

Indoor and outdoor activities. Tues, Weds, 1.30-5.30pm, Jeyes C.C.

## Holiday Spanish Club

Weds, 12.30-1.30pm, Manor Park

## Walking Football

Email: dgheerawo@westhamunited.co.uk or call 07803 201299. Tues, 10-11am, Priory Park

## Get Active, Get Healthy, and Exercises for Fitness

Thurs, 11-12pm, Jack Cornwell C.C.

## Get Active, Get Healthy

– Walk to the Park Mon, 10.30-11.30am, Manor Park

## Backercise

Tues, 6-7pm, The Gate

## Community Food

Growing Project Weds, 10am-12pm, fortnightly, East Ham

## Community Cooking Project

Six-week course. £6. Weds, 11.45am-1.15pm, East Ham

## Pilates Class

Tues, 9.30-10.30am, Field C.C.

## Drop-In Embroidery Class

Mon, 11am-1pm, East Ham

**Chair Based Exercise** For all fitness levels. Fri, 10.30-11.30am, East Ham.

## Fitness for 50+

Fitness circuit, mixed, 9.15-10am, Thurs; Fitness circuit, mixed, 10-10.45am, Thurs; Zumba, 1-2pm, Tues, ladies only; Exercise for ladies, 9.30-10.30am, Fri; Exercise for ladies, 10.30-11.30am, Fri, yoga for ladies, 1-2pm, Fri. Katherine Road C.C.

## Chair Based Exercises

Numbers are limited so arrive on time to ensure your place. Weds, 10.45-11.45am, Community Road Centre, E15

## Christmas Party Tea

**Dance** Stratford Originals Monthly Tea Dance at Old Town Hall, Stratford. £3 for Newham residents (proof of address required) or £5 for non-residents. Mon, 12 Dec, 1.30-4.30pm, Stratford Town Hall.

## GREEN



**Green Gym** Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973156

**Green Volunteering** Tues and Thurs, 10am-2pm Silvertown Wy, E16 (opp. Hallsville Rd)

## Garden Club

Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

## Gardening Thymes

**Gardening Club** Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

**Grow Together Be Together Community Gardening Club** Weds, 10am-1pm. Sat,

1pm-3pm, Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

## Caravanserai Garden

**Volunteering** Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863384

**Community Gardening** Tues, 11.30am-2.30pm, St John's Green Community Garden

## DOORSTEP CLUBS



Call 0300 124 0123. unless otherwise stated.

## Athletics Club (14yrs+)

A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394756

## Gym & Basketball (14yrs+)

Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

## FEMALE SPORTS

## Basketball Sessions

Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

## Female Boxfit (14yrs+)

Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783526

## Girls Group Cycling (11-15 yrs)

Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

## Modern Arnis Martial Arts (16yrs+)

Tues, 5-6pm. Call 07473 030250. Jack Cornwell C.C.

## Female Only Gym Sessions

Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

## Get Back into Netball

Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £5. Lister Community School, E13. Email: opanetballclub@hotmail.com

## Abs Blast (11-15yrs)

Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

## Fun Female Fitness

(14yrs+) Weds, 5-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

## Netball (14yrs+)

Mon, 5-6pm, Newham College, East Ham Campus, E6 6ER. £1 for non-Newham College students. Email: sports@newham.ac.uk

## Female Only Zumba

Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C., Vicarage Ln, E6. £1. Call 07741 292893; Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16 2DE. £2.50

## Dare2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

## SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



## Ability Club (14-25yrs)

Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13

## Swim for Families

**Dealing with Autism** Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

## Family Swims

Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

## Get Fit for Free

Tues, 1.30-3.30pm and Fri, 10am-12pm. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

## RUNNING AND ATHLETICS



## Beckton Park Run

Sat, 9am, Beckton Park South, E16. Call 07718 394756 www.

[parkrun.org/beckton](http://parkrun.org/beckton)

### East End Road Runners

Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261647.

### Children's Athletics (6+)

Sat, Years 1 to 4, 9.30-10.30am; Years 5 to 7, 10.30am-11.30am. £20 for 6 weeks. Tues, Years 1 to 4, 5.30pm-6.30pm; Years 5 to 7, 6.30-7.30pm. £35 for 10 weeks

## SPORTS



**Cricket (14yrs+)** Tues, 6-8pm, Newham Sixth Form College, E13. Call 07476 269226

### Indoor Cricket (8-16yrs)

Weds, 6-8pm, £2, Lister Community School, E13, email: michelle.daniel@activeNewham.org.uk

### Black Arrows

**Badminton Club** Adults: Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173

### Newham and Essex Beagles Athletics Club

Mon and Weds, 6-9pm. Foundation groups (8-10yrs). Mon, 7-8pm and Weds, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. [www.newhamandessexbeagles.co.uk](http://www.newhamandessexbeagles.co.uk)

**BMX (6-16yrs)** Sun, 10am-12pm, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333615

### Adult Tennis (16+)

Sat, 9-10am, 10-11am, 11am-12pm, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun, 9-10am, 10-11am, 11am-12pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293513

### Table Tennis (14yrs)

Thurs, 4.40-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

### Volleyball with Newham

**College (14yrs+)** Thurs, 5.30-7pm, East Ham Leisure Centre, email: sports@newham.ac.uk

## FOOTBALL



### AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit [www.airfootball.co.uk](http://www.airfootball.co.uk)

### Football and Athletics

Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

### Football & Multi Sports

Mon, 4-5.30pm, Newham Leisure Centre, E13. Weds, 5-6pm, Stratford MUGA, West Ham Ln, E15

### Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

### Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

### WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

### Ascension Football

Sat, 9.15-10.45am, £3, reception to year 11. Royal Docks School, Prince Regent Lane, E16. Call 07806 584925 or 020 7511 1232

## BASKETBALL



### Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowhill MUGA, Snowhill Rd, E12

### Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

### National League

Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16. Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

### NCFE Sports – Basketball

Thurs, 5-7pm, East Ham Leisure Centre. To register email: sports@newham.ac.uk or call 020 8257 4255

### Senior Programme

Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401616

### Basketball (14yrs+)

Tues, 5.30-6.30pm, Forest Gate Community School, E7 9BB. Email: sports@newham.ac.uk

## COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated.

**Tues, 6 Dec, 7pm**, Overview and Scrutiny Cttee; **Tues, 13 Dec, 3pm**, Newham Partnership – Employment and Enterprise; **7pm**, Strategic Development Cttee, Old Town Hall, Stratford; **Thurs, 15 Dec, 4pm**, Cabinet; **4.05pm**, Mayoral Proceedings, Old Town Hall, Stratford

## CONTACT THE MAYOR

There are no face to face or telephone surgeries in December but you can still contact the mayor by email [mayor@newham.gov.uk](mailto:mayor@newham.gov.uk) or writing to Mayor Sir Robin Wales, Newham Dockside, 1000 Dockside Road London E16 2QU

## CONTACT DETAILS

### LIBRARIES & COMMUNITY NEIGHBOURHOODS

**Beckton Globe** 1 Kingsford Wy, E6  
**Canning Town** Barking Rd, E16  
**Custom House** Prince Regent Ln, E16  
**East Ham** 328 Barking Rd, E6  
**Green Street** 337-341 Green St, E13  
**The Gate** 6-8 Woodgrange Rd, E7  
**Manor Park** 685-691 Romford Rd, E12  
**North Woolwich** 5 Pier Parade, E16  
**Plaistow** North St, E13  
**Stratford** 3 The Grove, E15  
**Archives and Local Studies** 020 3373 6881  
**Community Outreach** 020 337 30813  
**Church of God** 37 Manor Park Road, E12, 020 8911 9494

### LEISURE & SPORTS VENUES

**Atherton Leisure Centre** 189 Romford Rd, E15  
**Balaam Leisure Centre** 14 Balaam St, E13  
**East Ham Leisure Centre** 324 Barking Rd, E6  
**Newham Leisure Centre** 281 Prince Regent Ln, E13  
**NewVic** Prince Regent Ln, E13  
**UEL SportsDock** Docklands Campus, University Wy, E16

### COMMUNITY CENTRES (C.C)

**Beckton Community Centre** 14 Manor Wy, E6, 020 7511 1214  
**East Ham Market Hall** Myrtle Rd, E6 1HY, 0208471 0292  
**Field Community Centre** 147 Station Rd, E7 020 8536 2800  
**Grassroots Centre** Memorial Park, Memorial Ave, E15, 020 3373 0650  
**The Hub** 123 Star Ln, E16 020 3373 0750  
**Jack Cornwell Community Centre** Jack Cornwell St, E12 020 8553 3459  
**Jeyes Community Centre** 1 James Cl, E13, 020 3373 2205  
**Katherine Rd Community Centre** 254 Katherine Rd, E7, 020 8548 9825  
**St Mark's Community Centre** 218 Tollgate Rd, E6, 020 7474 1687  
**Vicarage Ln Community Centre** Govier Cl, E15, 020 8519 0235  
**Harold Rd Centre** 170 Harold Road, E13 OSE, 020 8472 2805  
**Queens Market** Green St, E13  
**Rabbits Rd Institute** 835 Romford Rd, London E12 5JY  
**Royal Docks Learning Activity Centre** Albert Rd, North Woolwich, E16 2JB  
**St John's Green Community Garden** Albert Rd, North Woolwich E16 2JB  
**St Bartholomew's Church & Centre**, 292b Barking Road, E6 3BA  
**London Road**, 1 London Road, E13 OAT  
**The Community Resource Centre**, 200 Chargeable Lane, E13 8DW 020 3373 2697



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# We're here to help you stay well this winter

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During winter, protect yourself and your loved ones by being prepared.

If you start to feel unwell, even if it's just a cough or a cold, **seek advice from your pharmacist** before it gets more serious.

And remember, **stock up on prescription medicines** and top up your medicine cabinet before Christmas Eve because many GPs and pharmacies will close over the holidays.

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**STAYWELL  
THISWINTER**

